

period of time (usually about a month) we don't see enough results or benefits to continue working toward it. So let's talk about the steps of goal setting.

First, we have to decide what our goal is. Make sure that this goal is realistic and attainable, and set a reasonable amount of time to achieve it. Let's say the goal is to get an A in a class. This is a big goal that takes an entire semester to complete, so we can't expect immediate results. We'd call this a long-term goal, and if we only look at the goal in its grand entirety, we won't be feeling success until months after you begin working at it. This is why we need to set short-term goals to complete throughout the process. A short-term goal for this example might be to write all assignments down in a planner or to work ahead. This way, every time an assignment is submitted on time, we feel a small sense of accomplishment that will motivate and propel us toward completing the long-term goal. Continuing to set these short-term goals is essentially setting up checkpoints for yourself over time, giving us confidence boosts along the way and making large goals seem much more attainable.

This system works with most goals, regardless of differing variables. Maybe your goal is to get a car in three years. You can set up short-term goals such as saving \$150 per month or \$2,000 each year. If you are trying to get more exercise, start by making a promise to work out at least once per week. As you get more in shape, you will feel more motivated to exercise.

As you can imagine, setting New Year's resolutions (or more accurately, goals) can be extremely useful and effective. Keep in mind that the best thing about goals is that they can be changed. You can adapt them to work with your life and schedule, and they can be as big or small as you can manage. The point of a goal is to motivate you to be better; they're personalized for you! So don't skip the New Year's resolution! Do it right and achieve your goals! †

Photography provided by

Andrew Mather

Pictured is Lexi Lee



Women's Basketball Looks to Get Hot Going Into the New Year

BY HANNAH SCHWARTZ

THE GOLDEN BEAR Women's Basketball team is off to a strong start in the 2018-2019 season. In their first game against Harding on November 9th, they fell short in a close game that ended 59-54. The game was the first of many that would show fans the determination of the women's basketball team this season as they took the lead late in the third quarter after trailing for the majority of the game. Despite NSIC South Player of the Year, Anna Schmitt, putting up seven straight points to take the lead, the Golden Bears still trailed by five at the final buzzer.

The Golden Bears surely didn't start a pattern after that early loss. They proved their resilience and went on to win four consecutive non-conference games. Their first victory of the season occurred in a 61-59 win against Washburn at the Central Region Challenge on November 10th. It was a close game and even match up for the two teams. Senior, Lindsay Dorr, lead the Golden Bears with a career best of 26 points and 9 rebounds. Dorr was a force to be reckoned with in the following game against uw-Superior as well, putting up 22 points and 7 rebounds to contribute to the 95-58 win over the Yellowjackets. It was also a break out game for Sophomore, Sidney Wentland, as she scored 20 points and grabbed five rebounds. With a double-digit lead for nearly half of the game and 11 scorers, it was a total team effort that demonstrated the array of talent on the team this season.

The Golden Bears hosted the Radisson Hotel Classic on November 23rd and 25th where they faced Northern Michigan to open the weekend. In 2017, the Bears lost their home opener to Northern Michigan in a game that ended 56-49. In a victorious fight against the Wildcats, the Golden Bears came out on top this year with a two-point win. The two teams went back and forth for the entirety of the game, the Golden Bears shooting 40.4% from the field. Ending 63-61, Dorr contributed 22 points, sophomore, Ellie Gess, scored a career high of 20 points, and Schmitt reached double-digits by adding 11 to the scoreboard.

Following the nail biter against Northern Michigan, the Golden Bears used their momentum for a 76-59 win over Jamestown. This gave them a record of 4-1, their best record in the first five games of the season since 2009-2010. In a similar fashion to all the previous games, the Golden Bears started off slow, but picked it up in the final three quarters, scoring an average of 57.5% from the field. The Bears entered the fourth quarter with a 20-point lead and concluded the game with a

domination in points from the lane, putting up 40 points compared to Jamestown's 28.

The game against Jamestown concluded the non-conference play for the 2018-2019 season and left the Golden Bears with a feeling of success. Senior, Kyrah Fredenburg, ponders on what has made the team so successful early in the season and says, "We have an athletic and talented team that works hard and pushes each other on the court during practice so we are prepared come game time. After battling against each other all week long, come the weekend we step on the court and become one competing for the same goal of beating our opponent".

Unfortunately, the Golden Bears opened conference play against Minnesota State University – Mankato on December 1st and lost 83-60. The Bears started slow and were unable to build up their speed to keep up with the Maverick's defense and sharp shooting. Fredenburg adds, At this time in the season, I think our team can improve on coming to each game ready to compete for a full 40 minutes and not stop until the final buzzer goes off. . . We won't dwell on the loss, instead we will work hard and take what we learned from that game and use it to our advantage. We will prepare for our next meeting with them and all of our opponents by continually getting better as a team and improving each day.

With conference play just beginning, the Golden Bears have a lot to offer and continue to prove their resilience and determination to be successful. The Women's Basketball team plays at the Gangelhoff Center throughout the winter; do not miss your chance to see them in action! †

Kalin Bennett Breaks Barriers: First Student-Athlete with Autism to Sign Letter of Intent for D1 Basketball

BY ETHAN LANGEMO

KENT STATE UNIVERSITY in Ohio is making history, as their basketball team is the first Division I athletics team to include a full-time member with autism, that person being 18-year-old Kalin Bennett of Little Rock, Arkansas.

The young athlete has become an icon for families and individuals with autism, and he has stated that his goal as a member of his team is to be a role model for kids who struggle with the same problems he does.

Bennett, who stands at a whopping 6'10", could not walk until he was four, nor could he talk before he was seven. And yet, he inspired his peers when he graduated from high school with above-average

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